

April Produce Pick



Tri-Colored Carrots

When we think of carrots, we usually think of this vegetable as **Orange**, but carrots can be found in several colors including, **purple, white, yellow, and orange**. Each different colored carrot is good for you for different reasons:

- Carrots are an excellent source of Vitamin A. This vitamin helps keep your eyes and skin and heart healthy. Vitamin A also helps us be able to see in the dark.
- The Purple carrot color comes from the same nutrient that makes blueberries blue. These healthy nutrients help keep your brain healthy for learning.
- Carrots are a root vegetable. They grow under the ground.
- The part of the carrot you can eat is called the Taproot.